



## **BREAKFAST**

*Regular Coffee, Tea or Juice included*

### **ONE EGG YOUR WAY 10**

Choice of two pieces of Bacon or Sausage + Griddle Potatoes + Toast

*Additional Egg 3*

### **THE DOUBLE STACK 9**

Two Fluffy Buttermilk Pancakes  
+ Mixed Berry Compote  
+ Whipped Cream

### **CHEFS ENERGY BOOST SMOOTHIE 7**

Daily Smoothie Creation

### **CLASSIC EGG BENEDICT 12**

One Poached Egg  
+ Grilled English Muffin + Back Bacon  
+ Hollandaise Sauce + Griddle Potatoes

*Additional Benedict 5*

### **CHEF'S "MIC-MUFFIN" 12**

Fried Egg + Chipotle Aioli  
+ Cheddar Cheese + Smoked Bacon  
+ Grilled English Muffin  
+ Griddle Potatoes

### **THE MANITOBAN 18**

Two Eggs Your Way  
+ Smoked Bacon + Sausage  
+ Two Fluffy Buttermilk Pancakes  
+ Griddle Potatoes

### **THE HEALTHY START 17**

Two Poached Eggs  
+ Avocado on Naan Bread  
Tomato & Basil Salad + Local Seedling

### **PROTEIN BREAKFAST WRAP 14**

Fried Tofu + Mushroom + Spinach  
+ Avocado + Flour Tortilla  
+ Lentils with Tomato & Basil

### **YOUR OMELET YOUR WAY 18**

Whole Eggs or Egg Whites  
+ Griddle Potatoes  
Choose 3 Fillings:  
Heirloom Tomato, Peppers,  
Mushroom, Avocado,  
Red Onion, Feta, Cheddar  
Goat Cheese, Bacon, Sausage or Ham

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### ***-Specialty Drinks-***

**ESPRESSO 5**

**DOUBLE ESPRESSO 7**

**AMERICANO 7**

**CAPPUCCINO 7**

**CAFÉ LATTE 7**

**LONDON FOG 8**